

Folic Acid Activity  
**PAPER CHARADES**

**Objective: (SWBAT: Student Will Be Able To)**

SWBAT: State the foods that contain folate

SWBAT: State one reason why folate/folic acid is important to a healthy body

**Materials Needed:**

- Drawing paper
- Drawing utensils
- Lists of items to draw
- PowerPoint Presentation, *Folic Acid: A Vitamin That Could Change A Life Forever*
- Projector and Computer to show the PowerPoint Presentation

**Time needed for activity: 45 minutes**

**Procedure:**

Step #1 – As the students file into the room, put them into a group. Once a group has between 3 – 6 persons, begin the 2<sup>nd</sup> group, etc. Developing groups as the students file into the room makes everyone ready to begin when the bell rings.

Step #2 – Separate the groups around the room. Explain to the students that they will be competing against the other groups, so they want to make their guesses in low tones. If a group violates the low tone rule, a beforehand agreed upon penalty could be inflicted such as, they have to identify one more item than the other groups.

Step #3 – Each group chooses one person to be the drawer for the group. The group also needs to designate the recorder for the group.

Step #3 – The facilitator needs to position his/herself at a central location in the room. This person needs to be equal distance from all of the groups. The facilitator invites the drawers from each group to come to where he/she is. The facilitator shows all the drawers the first item to be drawn.

Step #4 – Each drawer goes back to his/her group and begins drawing. There can be no talking, and they cannot use words. Once the group has guessed the item, they record their answer on the answer sheet. The same drawer then returns to the facilitator to receive the next item to draw. This continues until all ten items have been drawn and guessed by each group.

**Debrief**

Step #5 – Have the students share which items were the hardest, the easiest, and the most fun to draw.

## **Making A Connection To Life**

Step #6 –Show the Power Point presentation, *Folic Acid: A Vitamin That Could Change a Life Forever*.

Step #7 – –Closing – Recap the importance of folic acid in preventing birth defects and the different foods that contain this vitamin.

Have the students state as a group at least 3 different foods that contain folate. Have the students restate, either in writing or verbally, why taking folate/folic acid is important.

### **Lists for drawing**

List #1 – Ways to supply your body with folate or folic acid

1. tomato juice
2. cantaloupe
3. spinach
4. peanut butter
5. liver
6. sunflower seeds
7. fortified breakfast cereals
8. oranges
9. multivitamin
10. broccoli

List #2 – Possible effects of low folate or folic acid in a human body

1. child in a wheelchair
2. someone having a heart attack
3. baby born with a malformed backbone
4. baby born with fluid on the brain (hydrocephalus)
5. baby born with the absence of the majority of the brain (anencephaly)
6. baby dies at birth
7. family at the funeral of baby born with fatal birth defect
8. DNA strand – folic acid needed to make DNA
9. cell development
10. a child wearing feet and leg splints to aid in walking (a milder form of spina bifida)

**(Note: Answer Sheet begins on the next page)**

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Paper Charades  
ANSWER SHEET

**List 1**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**List 2**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_